THE MASTERS OF OUR OWN DOMAIN NAME
DOT-COM ERA IS IN THE PAST {page 4}

‘HORRIBLE’

NO SEX TAPE AMONG EX’S HOME VIDEOS, LOPEZ SAYS {page 8}

WINNIPEG
metro®
Tuesday, June 21, 2011
www.metronews.ca
News worth sharing.

GREENER LIVING
presented by

See pullout in today’s paper

JAMES TURNER/METRO

▶ A locked-out Canada Post worker stands at the Graham Avenue plant in Winnipeg last week.

Tories threaten Canada Post

Back-to-work legislation being tabled ◐ If two sides cannot agree to deal by time bill passes, arbitrator will make decision

The Conservative government brandished the sword of back-to-work legislation for the second time within a week yesterday, this time to force an end to the Canada Post lockout.

Tabling the bill in the Commons may help break the impasse in talks between the two sides; Air Canada and its employees announced a deal hours after the Tories introduced back-to-work legislation to end that dispute last week.

But while the end of the postal lockout may be welcome news for those eager to see mail services resume, critics are alarmed at what appears to be a major change in labour-relations policy for Canada.

“Without any public policy debate, we now have a new bargaining regime,” said George Smith, a fellow in the Queen’s University School of Policy Studies and labour-relations expert.

“I don’t think this was a platform of the Harper government. It surprises me that without that debate, that they have decided in two cases where there is clearly not overwhelming evidence of economic harm that they will intervene and impose upon the parties a process that is not contemplated in the Canada Labour Code at this point in time.”

Urban postal operations were suspended by Canada Post countrywide last Wednesday after nearly two weeks of rotating strikes by the union.

Federal Labour Minister Lisa Raitt signalled last week the bill was coming and introduced it after question period yesterday.

She said she hopes that it either passes before the Commons rises for the summer on Thursday or that the two sides work out their own solution before then.

“Canadians want certainty, they want to know that their mail is going to continue to be delivered or start to be delivered once again, and that’s what we are here for,” she said.

The job action had already cost Canada Post $100 million.

A spokesman from Canada Post said yesterday morning they believed a deal could still be reached.

“There is time to sit down and hammer out a deal but that requires a commitment to bargain that we haven’t seen from the union,” said Jon Hamilton.

Going to final-offer arbitration is generally seen as the option of last resort, and Raitt said the government felt it had no choice after months of discussion.

THE CANADIAN PRESS

Two sides

- The Crown corporation has said the main sticking point in the dispute is the union’s demand for staffing levels beyond the capability of Canada Post, adding that wages were not the key disagreement.
- The union has been emphasizing working conditions and safety issues, as well as arguing that new employees would receive inferior wages and pensions.

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1 news

A new report details economic costs of obesity, and how individuals can fight it. Scan code for story.

1 Download the free ScanLife app with your smartphone at 2dscan.com

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to **m.metronews.ca**

On the web at metronews.ca

Paper money will soon be more plastic in your wallet as new bills roll out. Video at metronews.ca

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Hotel key card led to drug haul

A drug courier from British Columbia arrested by Winnipeg police officers as a byproduct of a hush-hush organized crime investigation has been sentenced to spend six years in prison.

Anthony Faulkner learned his fate at a short hearing yesterday.

Faulkner was found in possession of roughly 20,000 ecstasy tablets, six kilograms of cocaine and nearly $100,000 in cash after his arrest in fall 2007, court heard.

Police involved in an Asian organized crime probe were watching a suspect when they saw him with Faulkner, who was carrying a duffle bag. The investigation had nothing to do with the 27-year-old, the Crown said.

After the two split up, police moved in to arrest both of them in separate locations. They found Faulkner's duffle bag contained the cash and some ecstasy pills, the Crown told Justice Robert Dewar.

But the discovery of a key card for an airport-area hotel in Faulkner's wallet led police to the large haul of cocaine and thousands more of the party drug pills, court heard. The drugs could have fetched as much as $640,000 on the street, according to the Crown.

Lawyer Evan Roitenberg said Faulkner wasn't profiting from the drugs, which he agreed to bring to Winnipeg for a former friend.

Because he is a non-violent first offender, Faulkner could become eligible for absences from prison after serving one-sixth of his time. JAMES TURNER

Rum. Tum Tugger

▶ Rainbow Stage presents Cats, one of the most successful musical theatre productions of all time

COURTESY OF RAINBOW STAGE

Up for a Midnight Dance?

The purr-fectly fun show begins today and runs until July 10. Tickets are available at rainbowstage.net.

Charges dropped in slain senior's death

Ralph Larsen's death remains an open and active police investigation
Ryan Otte spent more than a year in jail on second-degree murder charge

JAMES TURNER
@METRONEWS.CA

Lack of evidence has prompted Manitoba Justice to drop a murder charge laid against a 34-year-old Selkirk man accused of beating an elderly man to death during a home invasion.

Ryan Otte, 34, was to be released from jail yesterday after Judge Fred Sandhu agreed to stay a second-degree murder charge against him at the Crown's request.

"I'd prefer to have him released as soon as possible," lawyer Scott Paler told Sandhu.

Otte has been behind bars awaiting trial for more than a year after his arrest by RCMP on suspicion he was responsible for the death of Ralph Larsen, 80.

Larsen was found beaten in his Selkirk home May 2, 2010, and died in hospital soon after.

Police said little about the findings that led them to arrest Otte, but said the two men knew each other in some fashion.

"They will continue to scour for further evidence to identify a perpetrator."
CROWN ATTORNEY ZANE TESSLER ON THE CURRENT STATE OF THE RCMP INVESTIGATION

However, despite an extensive police investigation resulting in what was described as a large case file filled with witness statements and reports, the murder allegation against Otte would likely be tossed out if the case were tried in court today, Crown attorney Zane Tessler said.

"The reasonable likelihood of conviction in this case was extremely low, if not at zero," Tessler said.

Tessler, who is a senior prosecutor, consulted with his superiors who also agreed with the decision, Sandhu heard.

Man recovering in hospital after assault

Paramedics rushed a man in critical condition to hospital Sunday night after Winnipeg Police found him on the ground with injuries to his upper body and head area.

No weapons were involved in the assault that happened at about 10:30 p.m. in the area of Main Street and Dufferin Avenue.

Const. Natalie Aitken said that there are several individuals in custody, but could not confirm the victim's age or identity.

No charges have been laid and police are still looking for more suspects.

The victim has since been upgraded to stable condition. CRYSTAL LADERAS

News in brief

Daycare site keeps track of waiting lists

ONLINE. The province of Manitoba announced the creation of a child-care website that will allow parents to sign their children up for several daycare waiting lists at once.

The website will also allow parents to learn more information about various licensed daycares, keep track of all the daycare centres they have registered with and help parents keep their contact information up-to-date. Learn more at manitobaparentzone.ca. METRO

$732M to train aboriginals in manufacturing

VOID. The federal and provincial governments are spending more than $732 million to fill the void in Manitoba's manufacturing and transportation industries.

The Neeginan Industrial Manufacturing Centre will train Aboriginal workers for jobs in these industries.

Canada and Manitoba are contributing $25 million each over the four years. METRO

Workplace mental health issues exposed

Mental illness in the workplace is a huge issue hiding in plain sight, a situation made clear in a report released yesterday by the Conference Board of Canada.

The report, Building Mentally Healthy Workplaces, is based on a national survey of more than 1,000 employees — including almost 500 front-line managers, with follow-up interviews for some. The findings bookend a new initiative by the Mental Health Commission of Canada to establish national standards for psychologically healthy workplaces.

"When it comes to mental health, misinformation, fear and prejudice remain far too prevalent," the Conference Board report says. "It is time for a change."

The report says that in 2009-10, "78 per cent of short-term disability claims and 67 per cent of long-term disability claims in Canada were related to mental-health issues."

The Conference Board found that 12 per cent of its survey respondents were currently experiencing mental-health issues.

THE CANADIAN PRESS

CHRIS YOUNG/THE CANADIAN PRESS

▶ Louise Bradley, president and CEO of the Mental Health Commission of Canada.

Girl forced to wear bomb vest: Police

Pakistani authorities say suicide-bomb vest contained nearly nine kilograms of explosives

ROHULLAH SHAKIR/THE ASSOCIATED PRESS

▶ Sohana Jawed, a nine-year-old Pakistani girl, sits during a news conference in Lower Dir in Timergarah, Pakistan, yesterday.

Rare move

▶ Militants in Pakistan have often used young boys to carry out attacks, but the use of young girls is rare.

Police said yesterday that militants kidnapped a nine-year-old girl on her way to school and forced her to wear a suicide-bomb vest. The girl and police said she managed to escape her captors as they directed her to attack a paramilitary checkpoint in northwest Pakistan.

Sohana Jawed, who is in Grade 3, said she was abducted near her home in the northwestern city of Peshawar on Saturday and taken to Lower Dir district, a four hours' drive away.

Police in Lower Dir presented Jawed at a news conference, where she told her story dressed in her blue and white school uniform. But police in Peshawar said they haven't received a complaint of a missing girl and haven't identified a resident with her name.

Initial police reports of security incidents in Pakistan are sometimes wrong.

Jawed said during the news conference that she was grabbed by two women while on her way to school and forced into a car carrying two men.

Lower Dir police chief Salim Marwat said the suicide vest seemed designed to be detonated remotely.

The kidnappers brought the girl to a checkpoint run by the paramilitary Frontier Corps located about 10 kilometres outside Timergarah, he said. When they got out of the car, she sprinted toward the paramilitary soldiers to show them what she was wearing, he said.

By the time the paramilitary soldiers realized what was happening, the kidnappers had escaped, said Marwat. Police have launched a search operation to find them, he said.

It's unclear why the kidnappers didn't detonate the suicide bomb after Jawed ran away.

Marwat suggested they may have simply panicked and fled.

THE ASSOCIATED PRESS

Western premiers eye Asian and U.S. markets

Most of Canada's western premiers spent the first day of their annual meeting in Yellowknife talking about the importance of Asian and U.S. markets, Northwest Territories Premier Floyd Roland said in a conference call late yesterday.

Roland said the prosperity of Western Canada is dependent on efficient trade with the United States and Asia, including China and India.

Roland said that one in four jobs in Western Canada is directly supported by international exports.

THE CANADIAN PRESS

44 die in plane crash: Officials

A passenger jet crashed yesterday on a highway in northwestern Russia, killing 44 people, officials said. Eight people who survived the crash, including a 10-year-old boy, were in hospital in critical condition.

The Tu-134 plane, belonging to the RusAir airline, crash-landed en route from Moscow to the city of Petrozavodsk, Emergencies Ministry spokeswoman Olga Semyonova told The Associated Press.

Semyonova said the plane crashed on its final approach to the airport in Petrozavodsk, landing one to two kilometres short of the runway

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Masters of our domain name

New rules mean anything goes when choosing web suffix ◐ Instead of .com, how about .harry or .sally?

BEATRICE BEDESCHI
METRO WORLD NEWS

So long, dot-com era; hello, dot-whatever. The world of website names is about to undergo a revolution, with anyone allowed to choose whatever suffix they want for their website, including ideograms and Arabic characters.

At the moment, a web address can end with one of only 22 suffixes: .com, .org and .net, for example. But in the near future, websites could end with tailored suffixes such as .kids, .shop or .peg for Winnipeg.

The body in charge of deciding the rules for website names, ICANN (International Corporation for Assigned Names and Numbers), said yesterday that it will open up the market of address endings, also known as gTLD's, generic top level domains.

The group, based in Marina del Rey, Calif., called it "one of the biggest changes ever" to the Internet naming system.

The Internet community, governments and companies have been pressing for open domain name extensions for years. But with a customized domain expected to cost about $185,000, only big organizations are expected to apply for now.

Technology writer Robin Wauters, of TechCrunch.com, said the decision could have "the most repercussions ever taken by ICANN since the introduction of .com."

But while the move may offer good branding opportunities for companies, organizations and cities, he warned that the new domain name extensions could end up causing confusion. And there is no way to predict if the advantages of owning a "brand domain" will justify the high cost.

You name it

- **The expected price of a** customized suffix is $185,000, but technology writer Robin Wauters says it could cost twice that to effectively operate and maintain a custom gTLD.
- **Under the new rules,** domain suffixes — many of which were established in the early 1980s — could, in theory, balloon to hundreds or thousands.
- **Applications are open** from Jan 12. to April 12, 2012.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+ 67.75 (12,857.7)	+/- 0¢ (102.02¢ US)
Oil	**Natural gas**
+ 25¢ US ($93.26 US)	1,000 cu ft $4.302 US (– 2.3¢ US) Gold contracts $1,542 US (+ $2.90 US)

Plastic. Money

▶ Canada's new polymer banknotes in $50 and $100 denominations are unveiled yesterday at the Bank of Canada in Ottawa.

SEAN KILPATRICK/THE CANADIAN PRESS

Coming in on a high note

Canada is switching to polymer banknotes to replace paper-cotton bills that wear and tear more easily. The first to go plastic will be the $50 and $100 bills. Polymer banknotes are more durable and harder to fake than paper money.

Google to digitize historic tomes

A treatise on a stuffed hippopotamus, an 18th-century English primer for Danish sailors and a description of the first engine-driven submarine are among 250,000 books to be made available online in a deal between Google and the British Library.

The arrangement will let Internet users read, download and copy thousands of texts published between 1700 and 1870. The books range from Georges Louis Leclerc's Natural History of the Hippopotamus, or River Horse — which includes a description of a stuffed animal owned by the Prince of Orange — to the 1858 work A Scheme for Underwater Seafaring, about the first combustion engine-driven submarine.

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14M

The goal of the library is to make the bulk of its 14 million books and 1 million periodicals available in digital form by 2020. They will be available on the British Library and Google websites.

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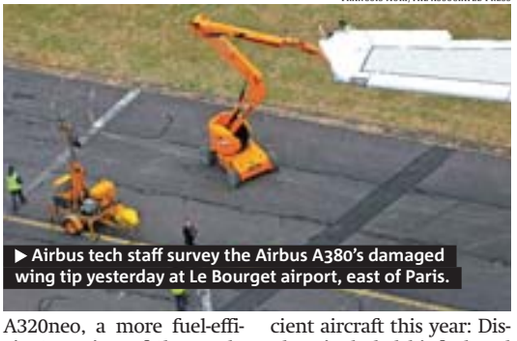
Jet makers rev up rivalry

FRANCOIS MORI/THE ASSOCIATED PRESS



▶ Airbus tech staff survey the Airbus A380's damaged wing tip yesterday at Le Bourget airport, east of Paris.

Airbus and Boeing signed more than $25 billion in orders to kick off the Paris Air Show yesterday, but Airbus Industrie's appearance at the world's biggest aviation showcase suffered a setback when its star superjumbo clipped a wing.

The haul from the first day of the show was an improvement from recent years despite a challenging environment for the industry, which faces high fuel prices and a slowing global economy.

Airbus topped the totals, signing orders and commitments for 142 aircraft worth $15 billion US at list prices, the company said yesterday. Of note were firm orders for 90 of its A320neo, a more fuel-efficient version of the workhorse jet.

Rival Boeing Co. countered with more than $11 billion US worth of orders and commitments for 56 of its jets.

Airlines are particularly interested in energy-efficient aircraft this year: Displays included biofuel and hybrid engines as well as a solar plane.

One star, Airbus's superjumbo A380, was grounded after breaking a wing tip on a taxiway structure at Le Bourget airport.

THE ASSOCIATED PRESS

Market rocks RIM

Research In Motion shares closed down another six per cent yesterday after the BlackBerry maker took a drubbing on the Toronto stock market last week. RIM, based in Waterloo, Ont., closed down $1.83 at $25.41 on the TSX.

Shares fell nearly 20 per cent on Friday as investors responded to a rash of analyst pessimism about the company's prospects.

On Thursday, RIM announced plans to cut jobs as it works to roll out new smartphones and updated tablets in a bid to stay competitive against Apple and products that run on Google's Android platform. THE CANADIAN PRESS

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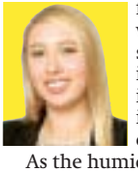
HEAT CAN PLAY HAVOC WITH STYLE

SHE SAYS ...

JESSICA NAPIER
METRO



There is nothing as short and sweet as a Canadian summer. For three, maybe four, months of the year we come out of hibernation, blissfully shedding our layers of fur, fleece and goose down and remember what it's like to feel the warmth of real sunlight against our skin. However, while it's nearly impossible to dress to impress in minus-30 temperatures, looking good in the sweltering heat can be just as difficult.

As the humidex increases, the combination of greasy sunscreen and perspiration causes my carefully applied makeup to melt off my face by midday. While strolling through the city, the soles of my sandal-clad feet become caked in layers of dirt and grime. My penchant for white sundresses means I typically end up with a very obvious Jackson Pollock-esque collection of coffee, ice cream and ketchup stains all over myself.

"My penchant for white sundresses means I typically end up with a very obvious Jackson Pollock-esque collection of coffee, ice cream and ketchup stains all over myself."

The worst part about summer style is just how minimal it is. In the depths of winter, it's easy to forget what your body actually looks like under all of those protective layers. With the start of each summer season I experience an intense wave of panic at the thought of short shorts. Oh crap, am I ready to expose myself to the judging eyes of my fellow commuters? Why didn't I give up those late-night pizza parties?

Now it's too late. June is here and the pool party invites are flooding in.

Of course, there are some people who are more than happy to live in their swimwear during the summer months — regardless of whether or not the venue necessitates waterproof apparel. For certain misguided individuals a bikini top becomes a perfectly acceptable substitute for a bra, or even a shirt.

Exhibitionists aside, most of us — no matter what size, sex or age — really hate putting on a bathing suit.

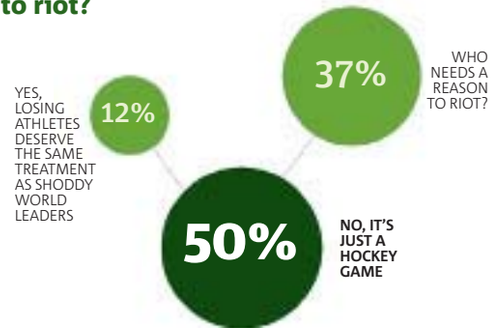
Somehow, I always manage to convince myself that I will feel much better about being nearly nude when poolside if I just buy myself a new bather. However, about 10 minutes into the experience I inevitably remember that stripping down in a badly lit fitting room to try on a two-piece is a horribly mortifying way to spend an afternoon. If you absolutely must go bathing-suit shopping this season, I recommend doing it online or immediately following a bout of stomach flu.

But I'll quit my whining now. Because even though ill-fitting swimsuits, frizzy hair and sweaty skin have me feeling like a hot mess this summer, I know it will be over far too soon.

Read more of Jessica Napier's columns at metronews.ca/shesays

metro life panel **Register at metrolifepanel.ca and take the quick poll**

Is losing the Stanley Cup a valid reason to riot?


37%
WHO NEEDS A REASON TO RIOT?
12%
YES, LOSING ATHLETES DESERVE THE SAME TREATMENT AS SHODDY WORLD LEADERS
50%
NO, IT'S JUST A HOCKEY GAME

Local tweets

- **@ensposito:** RT @ekaneatl9: How is everyone in Winnipeg doing today? Hey Evander, waiting to get a jersey with Kane on the back!
- **@jstar1973:** Dear True North: Make up your mind already on naming the team. You're starting to look rather pathetic the longer this drags! #Winnipeg
- **@the_real_ssica:** Been livin in winnipeg for about 6 yrs and I've never been to the Red River Ex cus I'm scared of the rides :(
- **@schaubroeck:** I need help, folks! I need a cutlery rack that's under 6 inches wide so it'll fit in my stupidly narrow drawers. Any tips? #winnipeg
- **@Jac_Cullen:** #Winnipeg Cindy Klassen was working out at my gym this morning! Man that chick is ripped and strong.
- **@JayMalinowski:** Found out winnipeg is the "wholesale" city, you can get a deal on everything. Just ordered two dozen homemade pierogies, it's a good day!
- **@Brad_Spence:** As a courtesy update the farmer tan has become a farmer burn. #Winnipeg

Worth mentioning

WASHINGTON. Sea levels have been rising significantly over the past century of global warming, according to a study that offers the most detailed look yet at the changes in ocean levels during the last 2,100 years.

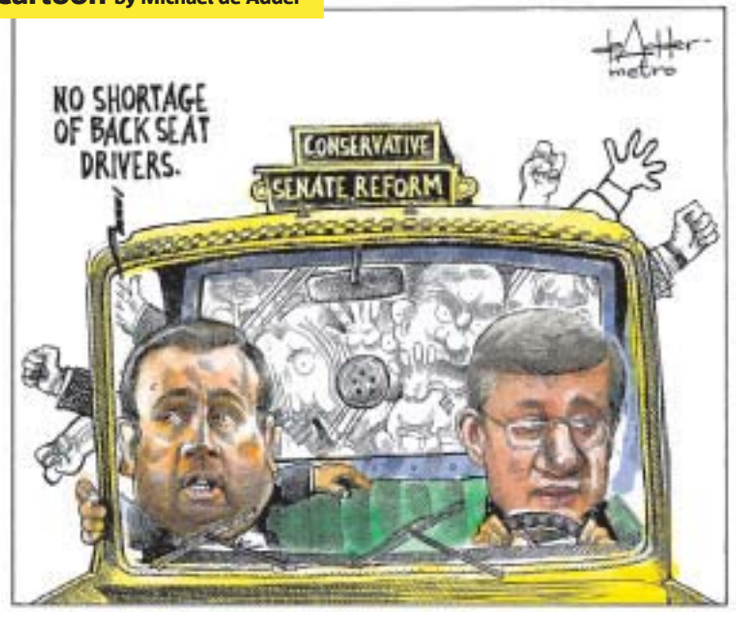
Researchers found that since the late 19th century — as the world became industrialized — the sea level has risen more than two millimetres per year, on average. That is a little less than one-tenth of an inch, but it adds up over time.

It will lead to land loss, more flooding and saltwater invading bodies of fresh water, said lead researcher Benjamin Horton, whose team examined sediment from the state of North Carolina's Outer Banks. He directs the Sea Level Research Laboratory at the University of Pennsylvania.

The predicted effects he cites are not new and are predicted by many climate scientists. But outside experts say the research verifies increasing sea-level rise compared to previous centuries. Horton said rising temperatures are the reason behind the higher sea level.

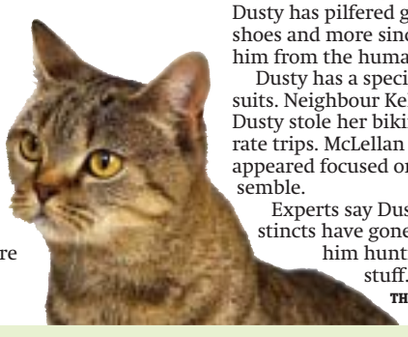
THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Hot on the trail of a felonious feline



A prolific cat burglar has stolen hundreds of precious possessions from homes near San Francisco.

But police are staying off the case — the burglar really is a cat.

Dusty, a five-year-old feline from San Mateo, Calif., has taken hundreds of items during his nearly nightly heists. Owner Jean Chu told the San Francisco Chronicle that Dusty has pilfered gloves, towels, shoes and more since she adopted him from the humane society.

Dusty has a special love for swimsuits. Neighbour Kelly McLellan says Dusty stole her bikini — on two separate trips. McLellan said the cat appeared focused on keeping the ensemble.

Experts say Dusty's predatory instincts have gone astray, leaving him hunting for people's stuff.

THE ASSOCIATED PRESS

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The launch of the cryptic website Pottermore.com has sent J.K. Rowling fans into a frenzy ◗ So what exactly does the Harry Potter author have up her sleeves? ◗ We don't know (even Daniel Radcliffe has no clue) but we sure had fun taking a guess

POTTERMORE?

NICHOLAS LIM
SCENE@METRONEWS.CA

J.K. Rowling has launched a new website, Pottermore.com, but sadly and mysteriously, it holds little more than a pair of tree-perched owls and an enticing Coming Soon banner.

Clicking on the owls will bring you to a YouTube page that shows a timer, counting down to the day of an announcement, which is slated to happen June 23 at 12 p.m. British Summer Time.

No one in the world (well, except Rowling and her little team of cloak-wearing colleagues) knows what is hitting the Muggle world.

We can only speculate — and speculate we will!

GETTY IMAGES

TORSTAR NEWS SERVICE

New Line of Fragrances

How likely it is to happen: 1/5

There is already a Harry Potter perfume out there but it surely does not hurt to smell like the many other characters in that magical universe. Professor Umbridge does seem awfully nice-smelling on screen, no?

A musical? A TV series?

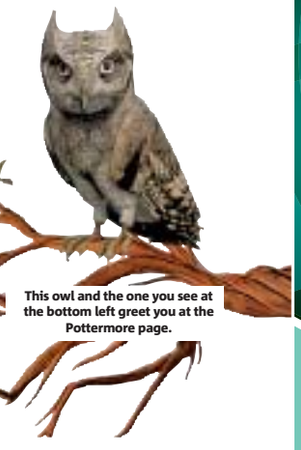
How likely it is to happen: 2/5

It's a natural progression for books these days. If a film is done, let's head to Broadway! Or sell the rights to broadcasting companies and have their studios produce a full season of TV episodes. It's an old-trick but it certainly keeps the fans happy and the profits-margin sky high.

A Smartphone?

How likely it is to happen: 4/5

The online community is buzzing with excitement that a new Potter-product could be released next — and this time, a Smartphone. We love phones and the smarter the phones are, the happier we will be. However, unless this Potter Smartphone acts like the Elder Wand and we are able to cast actual spells with it, we are not too excited about it. (But if the screen lights up when we say "Lumos," we may just reconsider making a purchase.)

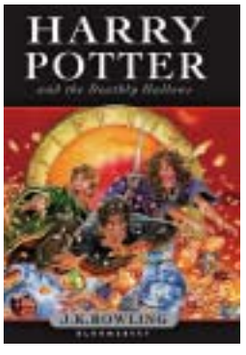


This owl and the one you see at the bottom left greet you at the Pottermore page.

An Entirely New Book?

How likely it is to happen: 3/5

Rowling did say (many, many times) that there would not be a sequel to the Harry Potter series. However, she did not say that spin-offs and prequels and crossover novels are out of the question.



Harry Potter and the 8th Book

How likely it is to happen: 0/5

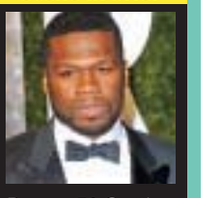
It is more possible that an owl will deliver your acceptance letter to Hogwarts tomorrow than hearing Rowling announcing an eighth book in the series. She is very particular about numbers and magic, and given how seven horcruxes come together in seven books so beautifully, it is very unlikely that Rowling will destroy her own masterpiece by adding an eighth book.

Harry's story ended on a perfect note, and unless Rowling has an even more perfect way to extend the story, we are betting that The Deathly Hallows is the last book. Yes, we are sad too but we have to move on, and the final film is waiting for us next month.

At least that is definitely going to happen.

2 scene

Scene in brief



Rapper 50 Cent's newest work of fiction will have an anti-bullying message.

The Penguin Young Reader Group has signed up 50 Cent's novel Playground. The publisher announced Monday that the book is a semi-autobiographical young adult novel about bullying that will come out in January 2012. The 34-year-old rapper, whose real name is Curtis Jackson, has acknowledged a violent childhood and dealing drugs at an early age.

He's also released a memoir, From Pieces to Weight, and a self-help guide co-authored by Robert Greene called The 50th Law.

THE ASSOCIATED PRESS

Self-published thriller writer John Locke sells 1 million e-books on Kindle

Wake-up call for Amy Winehouse

Singer barely makes through first concert of her comeback tour Paid a visit to rehab in the U.K. recently Doctors now 'coming down hard on her'

Amy Winehouse's planned comeback tour ended abruptly on the first night after the troubled singer slouched through a Belgrade concert, dropping her microphone at times and letting a backup singer finish songs for her, according to the BBC.

The next two stops on the tour, in Istanbul and Athens, have been scrapped because "she cannot perform to the best of her ability" and feels "this is the right thing to do," her rep says.

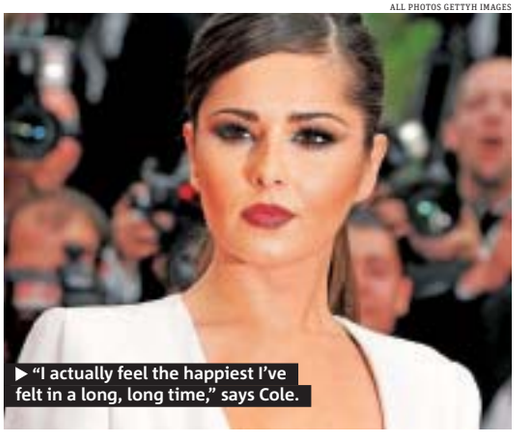
Doctors back in the U.K., where Winehouse recently paid a quick visit to rehab, are warning the singer that she has to finally clean up her act.

"It's the last chance saloon for Amy," a source says, according to Popeater. "Doctors have come down hard on her because of the severity of her situation. It's a harsh reality, but she had to hear it." METRO

THE ASSOCIATED PRESS

▶ Winehouse has cancelled the next two stops on her tour.

ALL PHOTOS GETTYH IMAGES



▶ "I actually feel the happiest I've felt in a long, long time," says Cole.

Cheryl says she's just fine

Cheryl Cole insists that she's doing fine after being dropped from the U.S. edition of X Factor and she doesn't want people feeling sorry for her, according to the Mirror.

"I'm under no pressure and I actually feel the happiest I've felt in a long, long time," Cole says, according to the newspaper.

"I've got a big place, I have enough money — and if I never get photographed again, I don't care."

Cole, who has had to deal with both losing her job and dissolution of her marriage to soccer star Ashley Cole this year, is looking forward to taking a vacation, something she claims she's never done before. METRO

▶ Lady Gaga

Lady Gaga and her man are 'totally back together'

Just a month after announcing they'd broken up, Lady Gaga is reportedly back with on-again, off-again boyfriend Luc Carl, according to Us Weekly.

"They had a little fight. I think the breakup lasted a week or two," a source says.

"They are totally back together now."

Gaga herself admits she may have stretched the truth in announcing her relationship's demise.

"I sometimes skirt questions about it — and maybe not honestly," she tells the magazine. METRO

Celebrity tweets

"Every time i fall in love with a character on Game of Thrones, they die!"

@EvaLongoria

@katyperry

"After a cocktail of prescribed drugz I think I'ma be able to fist pump my way through tonight..."

@russellcrowe

"Total bs article, i am not involved in dark tower at all. this is what 'journalism' has become, a game of pretend"

@GaryShandling

"Here's my security tip if you want to get through the airport quickly: Do NOT wear the 'Al Queda rocks!' t-shirt."

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To register and for full contest details visit clubmetro.com

Fox booted from Transformers

Megan Fox's controversial comments about Transformers director Michael Bay were apparently enough for executive producer Steven Spielberg to demand her ouster from the successful franchise, Bay says, according the Daily Mail.

Fox told Wonderland magazine in 2009 that Bay "wants to be like Hitler" on his film sets, which was reportedly the last straw for Spielberg.

"You know the Hitler thing," Bay says, according the the newspaper. "Steven said, 'Fire her right now.'" METRO

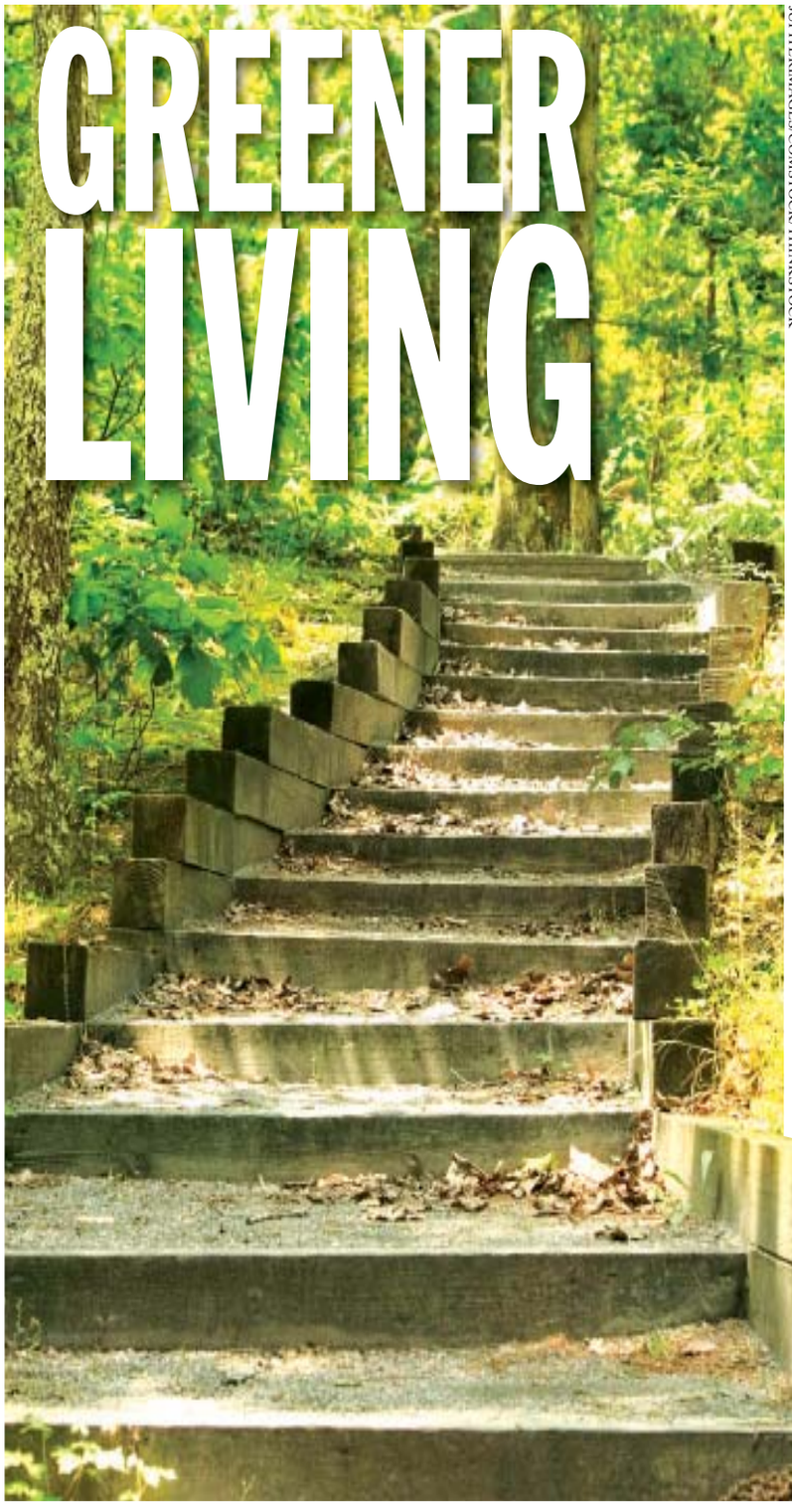
▶ Megan Fox

'There's no sex tape': Lopez

Jennifer Lopez is speaking out about the ongoing legal battle with ex-husband Ojani Noa over home videos from their marriage that he wants to release, a move Lopez has been fighting to block.

"My first husband has tapes of us from our life. It's horrible," Lopez tells Culture magazine.

"It's horrible someone would try to sell personal things, but there's nothing on it. There's no sex tape." METRO



JUPITERIMAGES/COMSTOCK/THINKSTOCK

ZEROING IN ON ZERO WASTE

Did you know that when you look at North America from space, the highest point of land on the eastern seaboard is a landfill site? Now more than ever, we need to reduce, reuse and recycle.

What do you put in your garbage? Some people throw out old clothes when they can be recycled or even torn up and used as rags. A lot of food and beverage containers end up in the garbage when all you have to do is clean them out and put them into the blue box. And, of course, paper documents belong in the recycling bin too. Then there's packaging — Canadians throw away about half a kilogram of packaging each and every day, says Gill Deacon, author of Green for Life and more recently There's Lead in Your Lipstick (both Penguin Books).

Deacon and other waste experts point to the zero waste philosophy as a way to live your life — and make positive environmental changes.

"Zero waste is a philosophy and a goal to work towards," says Craig Bartlett, Manager, Waste Operations for the Region of Durham in Ontario. "Because everyone would like to see the end of garbage as we know it."

The zero waste philosophy encourages the redesign of products and resources so that all products can re-used in some way — and the amount of garbage sent to landfill minimized. It also puts the onus on everyone to reduce the amount of waste they generate.

At the same time, Jed Goldberg, president, Earth Day Canada, says it's important to remember that waste is not just something you throw into the blue box or garbage. "It's actually a measure of inefficiency. Waste is anything that's used that doesn't need to be used. It could be fuel in your car."

What we really have to do, he says, is change our attitudes about waste and even its description. "It's not garbage, it's not recycling; it's using resources that don't need to be used."

FEATURED INSIDE:

- A NEW WAY TO DO BUSINESS
- TIPS TO REDUCE YOUR WASTE
- WASTE REDUCTION QUIZ

Metro has partnered with Dasani to teach Canadians about Choices. Little things like choosing the bike over the car for a trip to the ice cream parlour or replacing your lightbulbs. One of the choices we made right here is printing this feature on 100% recycled paper. We can all do it. Look inside to learn more or visit ***metronews.ca/greenerliving.***

THE BIG PICTURE

ABLESTOCK.COM/THINKSTOCK

A SHIFT IN THINKING HAS MADE WASTE REDUCTION A NEW WAY TO DO BUSINESS

"Zero waste has positioned people to think of recycling as a business opportunity," says Rob Cook, Chief Executive Officer, at the Ontario Waste Management Association, a non-profit organization that represents private-sector service providers.

"Over the last 10 to 15 years, we've recognized that landfill may not be the best way to deal with all materials," he says. "And people now look on at resource recovery as economically beneficial."

In the past, products were cradle-to-grave — you bought a product, used it and it ended up in the garbage.

"Now when we talk about packaging and other materials, a good cradle-to-cradle lifespan is the goal," says Bartlett — and that means the product isn't thrown out but recycled in some way into something else.

Items once thought as garbage are now used in other ways. For example, there's little scrap metal that ends up in landfill because metal is so valuable. There are technologies that can turn plastic water bottles into high value fabric or into biofuels. There are also programs to recycle toilets and sinks, and possibly shingles.

Landfill is always the last option after reduce, reuse, recycle.

WHAT IS EXTENDED PRODUCER RESPONSIBILITY?

Environment Canada explains that as a policy approach, it's when a producer's responsibility for a product is extended to the post-consumer stage of the product's life cycle. What that means is producers are increasingly looking at ways to incorporate environmental considerations in the design of their products.

ENVIRONMENTAL SEATING PLAN

Green Chair Events, Vancouver, is sitting pretty. The company plans and creates affordable and sustainable events, and it was recently recognized by Earth Day Canada with a 2011 Hometown Heroes Small Business award.

"We are the missing link in reducing waste between governments and organizers at events who put on things," explains company spokesperson Liliana Segal. "Our goal is to make sure all garbage and waste goes to the right place and gets reduced, reused and recycled."

To reduce waste in the workplace, Green Chair Events suggests that businesses re-negotiate flat rate garbage disposal fees so that billing is done by the amount of garbage generated.

STUDENTS GET TOP MARKS IN RECYLING EFFORTS

Last fall students from 70 schools in six provinces participated in the Recycle My Cell Challenge and collected almost 4,000 wireless devices as well as close to 200 kilograms of batteries and other wireless accessories. Way to go!

SUGARCANE ETHANOL FROM BRAZIL

Coca-Cola Canada uses sugarcane ethanol feedstocks in Brazil for its PlantBottle packaging. The sugarcane is considered an advanced renewal fuel by the Environmental Protection Agency and is the only first generation biofuel widely recognized around the world for its unique environmental and social performance.

THINGS GO BETTER WITH – PLANTS!

Thirsty for something good? Coca-Cola Canada is now using plant-based materials in its new Dasani water bottle.

The company created its innovative PlantBottle™ packaging through a process that turns sugarcane into a key component of PET plastic. And, it is entirely recyclable in existing systems.

The Dasani PlantBottle is made from up to 30 per cent plant-based materials. The Company's long-term goal is to reach a 100 per cent plant-based package for all of its products.

"It's our goal to make traditional plastic bottles a thing of the past and ensure that every beverage we produce is available in 100 per cent plant-based, fully recyclable packaging," says Scott Vitters, general manager, PlantBottle Packaging Platform, The Coca-Cola Company.

The PlantBottle also helps the company reduce its carbon footprint, says Vitters. Traditional PET bottles are made from petroleum and other nonrenewable fossil fuels. But incorporating a blend of petroleum-based materials with up to 30 per cent plant-based materials means Dasani packaging reduces potential intrinsic carbon dioxide emissions when compared with PET plastic bottles.

Designed to Make a Difference™

1 unique redesigned plastic bottle

2 up to 30% made from plants

©2011 The Coca-Cola Company. PLANTBOTTLE, the PlantBottle Logo and DASANI are trademarks of The Coca-Cola Company.

REDUCE YOUR WASTE:
IT'S EASIER THAN YOU THINK

ISTOCKPHOTO/THINKSTOCK

MICHALAK STRESSES THAT ONE PERSON CAN DO A LOT TO ENCOURAGE CHANGE AND MAKE A DIFFERENCE

Five years ago, Rene Michalak, co-ordinator of Rethink Red Deer, a local citizen action group, started Garbage Free February as a personal challenge. The goal was to make choices that would not produce garbage and contribute to landfill, and he blogged about his experience online. Several friends took the challenge with him the next year. In year three, a dozen or so people, as well as a few businesses, took part. "Now I can't keep track anymore," says Michalak, who is also Network Manager for the Alberta Environmental Network in Red Deer, Alta. Garbage-Free February has become a community success story, and this year it may partner with the Recycling Council of Alberta.

Michalak stresses that one person can do a lot to encourage change and make a difference. Of course, one way to do that is to start thinking about what you throw out — can you divert it in some way?

Here is a checklist of other ways to reduce waste.

- Purchase recyclable and reusable goods only.
- When you see over-packaged items in retail stores, complain. That's what Jed Goldberg of Earth Day Canada did when he saw a plastic-wrapped coconut — and the store stopped doing it.
- Don't buy over packaged products — or leave the extra packaging with the retailer.
- When there's an option, always choose the product with less packaging (for example, a roll of stamps, not the large, flat package).
- Buy in bulk.
- Buy second-hand. Check websites such as Craigslist and Kijiji, and stores such as Value Village.
- Think about all the products you buy — how they are made and how you will dispose of them.
- Bring your own carry bags when you are shopping.
- Be a good role model — always practice and share positive environmental habits.
- Use re-useable coffee mugs — bring them to your favourite coffee store and the office. Avoid Styrofoam completely.
- Compost organic waste. Use the municipal green bin program if available or compost in your yard.

3 still 100% recyclable

plantbottle™

PlantBottle® packaging is made in part from renewable materials sourced from sugarcane production to bringyou the pure, crisp taste of DASANI in a bottle designed with the planet in mind.

Now available nationwide.

For more information visit livepositively.ca/plantbottle

THE GREAT CANADIAN WASTE REDUCTION QUIZ

TEST YOUR KNOWLEDGE ABOUT WASTE REDUCTION WITH THIS FUN QUIZ!

1. In the grocery store

a) You always buy bags

b) You purchase bags but use them again to pick up after your dog or for other things

c) You bring your own carry bags – and shop at bulk stores

2. You drink your coffee out of a

a) paper cup from the local coffee shop

b) travel mug

c) styrofoam cup

3. When the batteries in your flashlight die, you

a) put them back into the recharger

b) throw them into the garbage

c) set them aside for the next trip to the depot

4. When shopping for fruit and vegetables, you buy them

a) by weight

b) packaged

c) always canned or frozen

5. How do you get to work?

a) Car, rain or shine

b) Bike or public transportation

c) Ride with a colleague and split the cost of gas

6. On a hot day, you walk by an air conditioned retail store with its doors wide open. You

a) Go in and cool down.

b) Walk on by — what a waste!

c) Go in and speak to the manager about the wasted energy

7. After you mow the lawn, grass clippings are

a) Bagged and left at the curb

b) Raked up and put into the composter

c) Left on the lawn

8. After a big family dinner, you

a) Scrape everyone's plate into the green bin

b) Scrape everyone's plate into the garbage

c) Save the bones for the neighbour's dog, send leftovers home with some of your guests and scrap the rest into the garbage

To see how you measure up, add up your score.

1. a – 1, b – 2, c – 3 2. a – 2, b – 3, c – 1 3. a – 3, b – 1, c – 2 4. a – 3, b – 1 , c – 2
5. a – 1, b – 3, c – 2 6. a – 1, b – 2, c – 3 7. a – 1, b – 2, c – 3 8. a – 3, b – 1, c – 2

RESULTS

YOUR WASTE REDUCTION PERSONALITY

UNDER 10 POINTS:

Shame on you. It's time to join the war on waste... and it's really not difficult to make a difference. Reduce, reuse and recycle.

OVER 10 POINTS:

You're on the right track but could be more pro-active in helping to make the world a better place – by creating less waste and protecting natural resources.

OVER 20 POINTS:

You are an Eco Warrior leading yourself and your family and friends, no doubt, in the war on waste! Pat yourself on the back — and keep doing what you're doing!

ISTOCKPHOTO/THINKSTOCK

Scan this code or visit metronews.ca/greenerliving

TRIM YOUR WASTE

Rethinking your relationship with waste is one of the most powerful ways you can help stop climate change. Canadians produced an average of 837 kilograms of non-hazardous solid waste in 2006, all of which goes straight into a landfill. Landfills produce about one quarter of Canada's methane emissions — and methane is a greenhouse gas more powerful than carbon dioxide.

Here's what you can do:

REDUCE FOOD WASTE

Throwing away food is a waste of money, time and energy. Learn how to keep your fruits and veggies fresh and edible for as long as possible

RECYCLE

Making sure to take our paper, plastic, and bottles and cans to the blue box recycling bins makes a huge difference on how much waste ends up in landfills. Unsure of what can be recycled? Read about the recycling resources in your city for more info.

COMPOST

Your garbage is about 40 per cent organic waste — composting can help divert that matter from producing dangerous greenhouse gases. You don't need a yard to compost — learn how to turn your kitchen "waste" into black gold!

BE A SMART CONSUMER

Companies still produce goods that have a limited lifespan so that the consumer cycle can continue. By choosing not to buy products that are over-packaged or "disposable," you are encouraging producers to be more responsible.

– David Suzuki Foundation, www.davidsuzuki.org

The small choices we make every day can make a big difference. Like choosing to print this feature on 100% recycled paper. Or by choosing the Dasani PlantBottle, made from up to 30% plants and still 100% recyclable. Because 30% less is 30% more for the environment.

Cutting the belly fat

New research shows the science behind why carbs can cause belly fat Researchers say that findings are important because abdominal fat is known to increase diabetes and strokes

CELIA MILNE
LIFE@METRONEWS.CA

How do you get rid of that deep belly fat? Reduce carbs such as white rice, white bread and potatoes.

Visceral fat isn't what we think of as blubber. It's a very tenacious fat that lurks deep within our bodies, surrounding our vital organs, and it's really tough to get rid of. Too much visceral fat is known to increase your risk of developing type 2 diabetes, stroke and coronary artery disease. Even skinny people sometimes have excess visceral fat.

Researchers in the nutrition department of the University of Alabama did an experiment in which they put 69 healthy overweight men and women on one of two diets for 16 weeks.

People received either a reduced carb diet (43 per cent carbs, 18 per cent protein, 39 per cent fat) or a standard diet (55 per cent carbs, 18 per cent protein, and 27 per cent fat).

After eight weeks, the lower carb diet reduced insulin production in the body, thus resulting in loss of visceral fat. This occurred even though calorie intake was set for weight maintenance.

"This research is newsworthy because abdominal fat is known to increase risk of developing diseases such as type 2 diabetes, stroke, and coronary artery disease," says Barbara Gower, a professor in the department of nutrition sciences at University of Alabama. Decreasing carbs is a good way to reduce your risk of developing these chronic diseases without taking medication, she adds.

For the second eight weeks of the study, calorie intake was set for both groups to lose weight.

The lower carb group lost more total body fat than the standard diet group.

The study was presented recently to the Endocrine Society in Boston.

ISTOCK PHOTOS

▶ No carbs? No kidding.

3 life

Carb intake

Besides reducing your carb intake, another way to reduce visceral belly fat is to exercise. Researchers at Duke University Medical Center say the more exercise you do, the better. To prevent visceral fat from accumulating, walk briskly for 30 minutes six times a week (or equivalent).
To reverse visceral fat that's already there, boost the intensity or duration. CELIA MILNE

Half the man he used to be

BEN KNIGHT
LIFE@METRONEWS.CA

Almost a quarter of all Canadian men and women are obese.

At a time when the health risks of overeating are better understood than ever, why does this problem persist?

Why is it so difficult for many of us to heed the warnings, and get our appetites under control?

Bob Fisher can tell you. The 60-year-old Toronto native's weight peaked at 336 pounds before he finally sought the help of Overeaters Anonymous in 1982.

After 28 years in the program, he is — quite literally — half the man he used to be.

"I have lost half of me," he says.

"This morning, I weigh 169."

As Fisher recalls his journey into and away from obesity, it quickly becomes clear overeating is not a simple issue.

"What I found was I was using food to change the quality of my life," he recalls.

"It was my drug of choice. I never even recognized, really, what I was doing. Everyone told me it was a matter of willpower — and it had nothing to do with willpower."

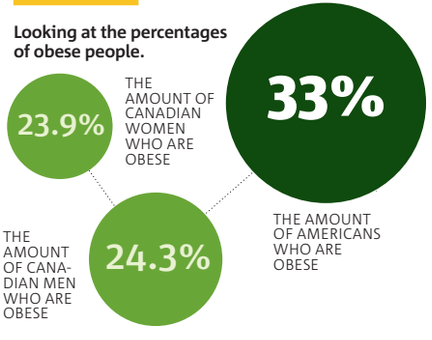
It's not just a matter of stopping, then.

No amount of scary predictions from doctors, friends or family made any difference at all to Fisher.

"If knowing the risks got somebody to stop doing something, there would be no need for any of the programs to tell people to stop smoking, for example. I smoked 60 to 65 cigarettes a day. I haven't had a cigarette in 22 years."

Statistics

Looking at the percentages of obese people.


23.9%
THE AMOUNT OF CANADIAN WOMEN WHO ARE OBESE
33%
THE AMOUNT OF AMERICANS WHO ARE OBESE
24.3%
THE AMOUNT OF CANADIAN MEN WHO ARE OBESE

So how does anyone ever break this vicious, potentially lethal cycle?

"The first thing you have to do is admit that whatever it is you're doing isn't working," Fisher says.

"And it's not just the food that is unmanageable. Everything is unmanageable. You say 'I'm not quite sure what will work,' but the first thing to do is admit there's a problem going on, and that extra piece of chocolate layer cake is not going to make it all better."

Many overweight people find themselves constantly judged by others. Fisher counters it is vitally important to remove judgment from the equation.

"Overeating is a disease. It doesn't make you a good person or a bad person. I don't say I was good with my food today. I simply say that I didn't eat compulsively today."

For more info on Overeaters Anonymous, check out oa.org.

Food allergies affect about 1 in 13 U.S. kids; almost 40 per cent have bad reactions

A Filipino bowl of plenty

Generous portions of traditional cuisine offered at Rice Bowl Restaurant

LUNCH RUSH

PAY CHEN
FOOD@METRONEWS.CA

Lumpia, Pancit, Caldereta. Don't be intimidated if the names aren't familiar to you, these traditional Filipino dishes are easy to find in Winnipeg.

With plenty of great Filipino restaurants in the city, you can easily get your hands on some Lumpia (deep fried pork spring rolls) and Pancit (stir fried rice noodles).

Hearing of the great dishes prepared by Chef Harry at Rice Bowl restaurant, I try his Caldereta ($9.95) a traditional dish of braised chunks of tender beef with stewed potatoes, carrots and peppers in a thick gravy that is perfect when spooned over garlic rice ($6.99).

An order of Seafood Miki Bihon ($10.95) is a large platter of stir fried rice noodles and thicker, chewy Shanghai noodles with shrimp, squid and vegetables.

Despite being full, I can't stop eating.

The portions at Rice Bowl Restaurant are incredibly generous so order a few dishes to share and be prepared to take leftovers home.

PAY CHEN

▶ Caldereta, Garlic Rice and Seafood Miki Bihon

Rice Bowl Restaurant
641 Sargent Ave.
779-2777
Reservations: Yes
Social lunch: Yes
Licensed: No
Price range: $5.99 - $13.99
Rating: 4 out of 5

Shrimp Appetizer

Here is a sensational yet incredibly simple appetizer to serve with cocktails or wine before dinner on the patio or at the cottage this summer.

Preparation:

1 In a pan, heat sunflower oil. Add onion, green pepper and garlic to taste and cook for 5 minutes. Add mustard and cook for another 2 minutes.

2 Add shrimp and cook for 5 minutes longer, mixing with a spatula. Season to taste. Serve with a salad of herbs such as chives, chervil, parsley and basil. **THE CANADIAN PRESS/ MAILLE**

Ingredients:

- 15 ml (1 tbsp) sunflower oil
- 1 onion, finely chopped
- 1 green pepper, chopped
- 1 to 3 cloves garlic, crushed
- 30 ml (2 tbsp) old-style mustard
- 12 fresh shrimp

SHE NEEDS HER OWN FRIENDS

TWO SISTERS

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

My girlfriend and I have been dating for over a year now, and generally things are great, but I'm noticing she doesn't hang out with her friends anymore. How can I show her having her own friends is healthy and get her out of my hair? Strangled.

Claire: Dear BF/BFF,

You're not alone. Your girlfriend sounds like the type that likes to cocoon in bliss with you and forget about the rest of the world.

This behaviour has obviously gone on for some time.

By providing a group to hang out with, you've fulfilled her need to socialize, to be extroverted.

This isn't ok, unless you two are in a cult where sympathizing with outsiders warrants a good whipping.

Make sure you're clear about how you're uncomfortable her nesting is making you, and that you don't find it attractive.

As you're the center of her world, this will probably get her butt off the bed and out into the world.

If she's forgotten how to pick up chicks, suggest a class or an activity that she'd enjoy where she's likely to meet new people ... like a hot, rich doctor who regularly volunteers at an orphanage. Oops, scratch that.

Andrea: Dear Strangled,

The most important thing I ever learned about relationships was that you can't change people, and I suspect that telling her to get a life might hurt her more than it helps your relationship.

So I'd recommend that you change your habits for a few weeks: be more independent, and spend more time alone with the guys.

Remind her how much fun it is to miss each other, and tell her you can't wait to hear her stories after a night with the girls.

You can even make a game out of it — who gets flirted with the most?

But be careful what you wish for though — she may just have more fun going out with the girls than she does with you!

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

ANSWERS FROM OUR EXPERT

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

Hello and welcome to my new weekly column. You might be wondering what a butler could possibly have to write about on a weekly basis — but before we get to that, why don't I tell you a little abut myself.

As a butler, I have had the honour and privilege to work privately for one of Canada's most famous and gracious families. After many years, I left their employ in 1996 to open my company — Charles MacPherson Associates. It is based in Toronto where we have the only registered Butler Academy in North America. In addition to our Academy, we also place domestic and hospitality staff both in North America and globally. As well, we provide private training around the globe for luxury hotels and private residences.

In the past year alone, I have travelled and worked in London, Paris, Tokyo, Mumbai, Hyderabad, Dubai, New York, Chicago, Los Angeles, and Johannesburg. I invariably come home with a plethora of great stories and interesting cross-cultural knowledge. I have had the opportunity of meeting world leaders, movie stars, supermodels, royalty, millionaires and billionaires, and I'm now here to share my knowledge and experiences with you, the readers of Metro.

ISTOCK IMAGES

▶ Not sure how to handle yourself at that big soirée? Charles the Butler can pass on some expert tips.

As Metro's new expert on social etiquette, I am here to answer all your questions relating to these issues.

From "Do I need to send a thank you note or can I just email or call?" to "What kind of gift is appropriate for a two-night cottage visit" to "My mother-in-law-to-be insists on being involved in all the decisions for my wedding and I don't know how to deal with her without making her feel bad" to "I drive a pretty beat up old car and wonder if it's appropriate to pick up a first date in it?"

So let's get busy! Send me your question to askcharlesthebutler@metronews.ca and remember to look for my column every Tuesday, starting next week!

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lavalife VOICE
lavalifevoice.com

STAYCATIONS ARE IN FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

With skyrocketing fuel prices and the expensive hassles associated with modern day travel, many Canadians are opting to stay close to home this summer rather than vacationing to Europe.

Forgo the stress and inconveniences of long security lines, lost luggage and expensive tickets; and enjoy your vacation time close to home. So long as you stay within a reasonable budget, staycations can save you thousands of dollars each year!

The key to relaxing is to avoid connecting with your workplace. Leave file folders at work and turn off your laptop and smartphone. Resist the temptation to "check in" by having your partner hide your mobile devices.

Ignore major household chores, unless you find building fences and cleaning the garage relaxing. Clean, pay bills and grocery shop before your start your holiday time so you can dodge these routine tasks.

Sleep in, read books, play with your kids, watch movies, meet friends and try new recipes. Enjoy the outdoors by picnicking, biking or hiking on local trails. Hit up nearby beaches or swimming pools.

Visit museums, shopping centres, science centres, amusement parks, zoos and other attractions. Many tourist attractions have discounts for locals.

Vacation time is meant to help you recharge your batteries and enjoy your surroundings. Do things that are fun and frugal and try not to overbook your schedule. Just relax!

Empowering a special group ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Is this you — or someone you know? Female, over 55, lower income and possibly an immigrant. If so, there's help out there to navigate an increasingly complex financial world.

"The evidence is clear cut — older women are the most disadvantaged group financially, and this alone can lead to more difficulty as they age," says Alexandra Wilson, national project coordinator at the National Initiative for the Care of the Elderly (NICE).

With a tsunami of attention being focused on financial education in schools and credit and debt education for indebted Canadians, older, low-income women have, until now, been largely forgotten.

ISTOCK IMAGES

▶ It's vital to develop an understanding about your finances, especially as you age.

The NICE project, funded by Status of Women Canada and sponsored by BMO, is rolling out a series of workshops in B.C., Ontario and Quebec aimed at putting financial tools in the hands of this vulnerable group.

The good news is that developing an understanding about money is very empowering. Just learning what programs are out there, such as the Guaranteed Income Supplement for those over 65, can give women a sense of relief about their future. Go to servicecanada.gc.ca and search for Guaranteed Income Supplement.

Each workshop will cover eight topics including developing a financial plan, preventing financial abuse and managing credit and debt.

Dealing with financial illiteracy at an older age can be one of the hardest things in the world. It's also very worrying for those who have an older, low-income woman as a family member or friend. But the often worry of what may become of her now has an answer.

NICE information

▶ If you don't live in one of the areas serviced by the workshops you can still access the information and very useful tools online at www.nicenet.ca — go to Projects then Older Women and Financial Literacy — the Financial Literacy for Older Adults Toolkit link is on the left-hand side.

POPQUIZ

How can your families save money during tax season this year?

A: Use the Universal Childcare benefit towards your children's RESP.

B: Stop feeding growing teenagers second helpings at dinner.

FIND TIPS & TRICKS
in Lesley Scorgie's Fun and Frugal Column:
Make the cost of raising a family less taxing.

This column and more available at
Metronews.ca/YourMoney

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

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Diversify your TFSA

Your Tax Free Savings Account can help you save for big purchases, trips, kids' education or buying a house

It's been three years since the Tax Free Savings Account or TFSA was first introduced. And, if you're like most Canadians, you might have a modest amount in a savings account that is perhaps making one or two per cent interest — if you're lucky.

Well, now it's time to shake things up with a little diversification.

CONTRIBUTED

▶ Consider using your TFSA to save for retirement.

Do you know how much contribution room you have?

When the TFSA was first introduced, you were eligible to deposit an annual maximum of $5000. If you made any withdrawals, that amount would be carried forward to the following year. That means that this year you could potentially put away $15,000.

One way to confirm the exact amount is to review your Letter of Assessment that you received from Revenue Canada after filing your taxes.

A great opportunity if you've maxed your RRSPs

If you've successfully reached your RRSP contribution limit, the TFSA is an excellent retirement savings alternative. Remember, your TFSA deposits are tax-free and tax-receipt-free.

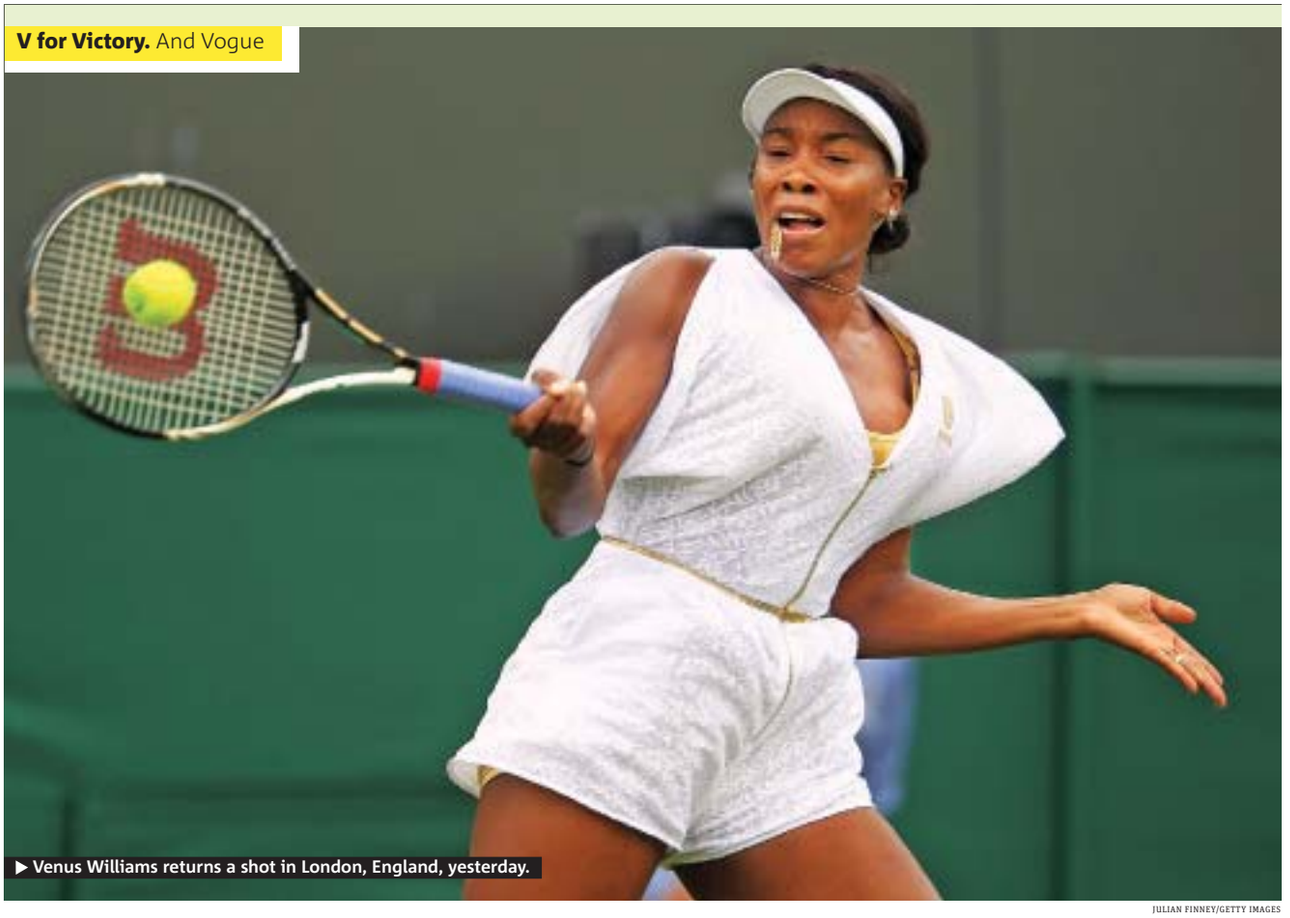
In other words, you will not receive a tax receipt for your deposits nor will your withdrawals be taxed like an RRSP. This means more money will stay in your pocket.

No longer just savings accounts

TFSA accounts come in many different formats, which offers you many ways to grow your money. Some people are choosing investment options like stocks, bonds, mutual funds and guaranteed investment funds or GIFs.

Also, you now have the option of borrowing the full $15,000 to invest. Unlike other investment loans, the interest paid on this loan cannot be used as a tax write-off. NEWS CANADA

V for Victory. And Vogue



▶ Venus Williams returns a shot in London, England, yesterday.

JULIAN FINNEY/GETTY IMAGES

Nadal, Williams make easy work of first-round opponents at Wimbledon

Dressed a lot like the goddess with whom she shares a name, Venus Williams began her chase for a sixth Wimbledon title wearing a white romper.
Williams got off to a strong start, defeating Akgul Amanmuradova of Uzbekistan 6-3, 6-1 yesterday to reach the second round.
On the men's side, Rafael Nadal opened his Wimbledon title defence with a convincing victory, beating Michael Russell 6-4, 6-2, 6-2 while his parents watched from the Royal Box.
In keeping with tradition, the defending men's champion played the first match on Centre Court at the All England Club — and the top-ranked Spaniard put on a worthy performance to begin the 125th edition of the championships. THE ASSOCIATED PRESS

Not so easy to 'Peg a name

City's new team may be nameless at draft ◐ Organization cramming with Thrashers scouts

When Kevin Cheveldayoff calls Winnipeg's first draft pick to the stage on Friday night, the general manager isn't sure what sweater he'll be handing over.

A name and logo have yet to be unveiled for the team and it won't necessarily happen before the weekend.

"Certainly there'll be a sweater — whether it's a team sweater or not, I guess that remains to be seen," Cheveldayoff said yesterday during a conference call with a handful of reporters. "There has been different discussions about what to do in the case of a sweater not being available."

The NHL's board of governors is scheduled to vote on the official sale and transfer of the franchise to Winnipeg during a meeting in New York today.

Coach search

The new NHL team in Winnipeg is truly starting fresh. Former Atlanta Thrashers head coach Craig Ramsay was informed yesterday that he had been ruled out for the position in Winnipeg.

▶ A source told The Canadian Press that general manager Kevin Cheveldayoff had narrowed his coaching search to two candidates — Chicago Blackhawks assistant Mike Haviland and former Manitoba Moose head coach Claude Noel.

Cheveldayoff was hired less than two weeks ago and held his first full meeting with scouts after arriving in Minneapolis last night ahead of Friday's draft in St. Paul, Minn. The group will conduct interviews with prospects in the coming days.

"Moving forward, we're going to look at (the draft) as the lifeblood of our organization and the cornerstone of building this franchise."
WINNIPEG GM KEVIN CHEVELDAYOFF

Winnipeg's first selection is No. 7 and the team also has eight picks to make in later rounds over the course of the weekend.

An important voice at the draft table will be Marcel Comeau, who served as Atlanta's head scout for the last eight years and continues to work for the organization. Information gathered by the Thrashers scouts will play a big role in Winnipeg's first draft.

"Any good general manager is going to rely heavily on their scouts," said Cheveldayoff. "That's what they get paid to do, that's their job, that's their goal — to make sure that they draft well and get to the bottom of each and every pick and know a lot about them." THE CANADIAN PRESS

4 sports

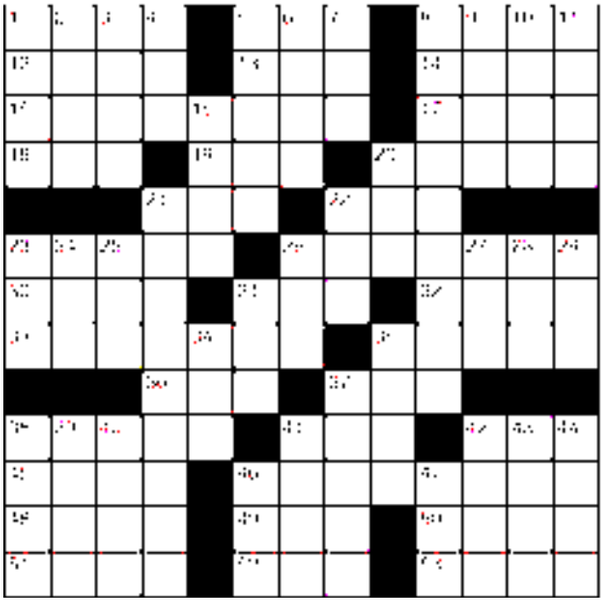
Quoted

"I've managed since I was 14 years old. I'll probably manage until I'm 95."

NEW FLORIDA MARLINS INTERIM MANAGER JACK MCKEON, 80. HE BECOMES THE SECOND-OLDEST MANAGER IN MAJOR LEAGUE HISTORY. CONNIE MACK MANAGED THE PHILADELPHIA ATHLETICS IN A SUIT, TIE AND STRAW HAT UNTIL 1950, WHEN HE WAS 87.

Scan code for more sports news.

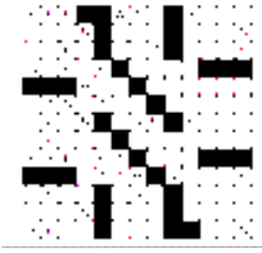
Crossword



Across
1 Church section
5 Spring time
8 Lather
12 Colt or filly
13 Have bills
14 Lecher's look
15 One's hands and knees
17 Incite
18 Deterioration
19 Use a crowbar
20 Enthusiast (slang)
21 Play on words
22 Greyhound vehicle
23 Old tape-recorder parts
26 Surgical gripper
30 Beige
31 Toupee
32 Aware of
33 "Howards End" author
35 Fantastic
36 Watch chain
37 Caviar, essentially
38 Fake drake
41 Coffee, slangily
42 Recede
45 Obama birthplace
46 Top-rated
48 Despot
49 Hosp. hook-ups
50 Farm fraction
51 Collections
52 Spelling contest
53 "That's a relief!"

Down
1 Somewhere out there
2 Horseback game
3 Sodium chloride
4 Sprite
5 Grieve
6 Twisted
7 Affirmative
8 Eighty
9 Shrek, for one
10 Plankton component
11 Timid
16 Piece of work
20 Bear hair
21 Style of knickers
22 Cranberry territory
23 Ump
24 Environmentally friendly
25 Blunder
26 Evergreen type
27 Compass dir.
28 Sch. org.
29 Drunkard
31 "Charlotte's —"
34 Plaything
35 No stay-at-home
37 Stir up
38 They may be connected
39 Relaxation
40 Fireside occurrence
41 Jupiter's alias
42 Impress deeply
43 Exposed
44 Cauldron contents
46 White lie
47 Witnessed

▶ Yesterday's answer



Sudoku

		1		6			8	
	3	4		1				
8		2			4			
	2	8						1
	7		6		2		9	
9						5	7	
			3			7		5
				8		3	2	
	6			5		4		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Andy
I love the way you kiss me I love the way we will always be I love the way you smile The distance between us is never but a mile I love the way you hold me My dad he already told me Its okay to marry you I can't wait till that day comes true for Andy I really truly honestly love you XOXO Kiss Kiss
YOUR PRINCESSLITTLEBOOTS XOXO

JDNR
"YOUR LIPS ARE SOOOO MMMMMMMMM"!! XO :) **ALG**

Mark T
My darling Mark, I am so happy I found someone as loving, caring, and wonderful as you. We both know we're stuck with each other. I can't wait wait for next year. I love you, xoxo.
DOROTA

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min 11° Max 17°	Min 10° Max 22°	Min 12° Max 24°

Jenna Khan, Weather Specialist
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 It's an excellent time to be on the move. There's no fun in slowing down.

♉ Taurus April 21-May 21 You may be doing OK financially at the moment but don't take your good luck for granted.

♊ Gemini May 22-June 21 You've got a lot of momentum behind you at the moment, so don't waste it — go even faster!

♋ Cancer June 22-July 22 No matter how difficult the past few weeks, you are feeling quietly confident about your prospects.

♌ Leo July 23-Aug.23 Why put yourself to the test when you don't have to? Enlist the aid of friends.

♍ Virgo Aug. 24- Sept. 22 If you have not yet reached the place you want to be professionally, it's only a matter of time.

♎ Libra Sept. 23-Oct. 23 The sense of freedom you feel today will be amazing, but don't forget about your responsibilities.

♏ Scorpio Oct. 24-Nov. 22 No doubt you have many plans, but first you need to make peace with someone you've fallen out with.

♐ Sagittarius Nov. 23-Dec. 21 Mars in your opposite sign can make you a bit too aggressive in some people's eyes.

♑ Capricorn Dec. 22-Jan. 20 Relationships are about to take center stage. Always accept there are two sides to every story.

♒ Aquarius Jan. 21-Feb. 18 You will start something new today and it will be a huge success.

♓ Pisces Feb. 19-March 20. You need to deal with a family issue that is causing grief. It's time to get tough. **SALLY BROMPTON**

Caption contest

MARKO DROBNJAKOVIC/ THE ASSOCIATED PRESS

JULIEN BEHAL-PA/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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CDI College Winnipeg – Celebrates a Bigger and Better Graduation Ceremony!

Congratulations to the Graduates, Families, Friends and Faculty of CDI College of Business, Technology, Health Care for another record breaking, awe inspiring graduation ceremony!

On Saturday June 4, 2011, a record 1300 in attendance joined together at the historic Downtown Winnipeg Knox United Church to celebrate the successes of our Graduates. Tahl East, Campus Director said," Everything was nearly perfect. The weather was mild and sunny and so was the enthusiasm inside the church".

Expecting a larger that average crowd, East spoke of the arrangements, "We arranged for extra rows of chairs to be placed at the back of the pews as well as overflow space on the balcony."

Led by the Khartoum Shrine Pipes and Drums Unit, Graduates followed by Faculty were ceremonially piped into the service. "Lead in by the bagpipes has been a tradition in Manitoba going back to the days of the Red River Colony." East said.

Greetings from Federal, Provincial and Municipal dignitaries were read to the Convocation Ceremonies shortly after the opening of the event.

One of the unique features of CDI College graduation ceremonies in Winnipeg is the utilization of talent from graduates, staff and students. Through a contest – CDI's Got Talent, students are selected to show their unique artistic talents and skills.

The first of the performers was Alma Mann Scott, followed later by Tamara Toews. Performances included playing First Nations drumming, singing, and piano.

Staff members Oleh Shawarsky and Uliana Kapty performed, with Oleh at the piano and with vocal accompaniment from both he and Uliana.

A world class magical show was followed by Addictions and Community Services Worker graduate, Kim Wilson. Kim has performed at Las Vegas and other professional venues prior to beginning his new career in helping others.

The Valedictorian Address was presented by Paula Smigiel who graduated from the Legal Administrative Assistant Diploma Program. Paula spoke about her coming to college as an adult learner, followed by her own personal success along with making many friends from staff and students.

Keynote Speakers included Dave Angus, President of the Winnipeg Chamber of Commerce and Bob Tallman, President of Princess Auto.

Both speakers talked about the positive and powerful energy in the church during their presentation. Dave Angus discussed the strong Winnipeg economy and its need for graduates from CDI College and how employers were waiting for their unique skills and abilities. Bob Tallman reflected on his own ties to North End Winnipeg and how the Tallman Foundation was working to assist others in obtaining a quality post secondary education in Winnipeg.

Practicum Partnership Awards were presented by Employment Specialist Craig Johnson to partners, Misericordia Hospital and B&L Resources For Children, Youth and Families.

"This award thanks our employer partners who provided practicum placements for our students to complete the work experience component of their program. East said, noting that some practicum placements range from two weeks to over two months.

After Tahl East, Campus Director, spoke about the growth of the College and the successful role it has in Manitoba in providing quality vocational education. She also observed that, "The College is integrated in the community and through its involvement in dozens of locally driven charitable activities, it also gives back."

Following the Graduation Ceremonies, there was a small reception. However the nice day allowed for families and graduates to also celebrate in the newly renovated beauty of Central Park in Winnipeg. ■

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